

Amount Per Serving	% Daily Value
Vitamin A (as Vitamin A Acetate and 29% Beta-Carotene) 3,500 IU	70%
Vitamin C (as Ascorbic Acid) 60 mg	100%
Vitamin D (as D3 Cholecalciferol) 1000 IU	250%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 30 IU	100%
Vitamin K (as Phytonadione) 25 mcg	31%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate) 1.5 mg	100%
Riboflavin (Vitamin B-2) 1.7 mg	100%
Niacin (as Niacinamide) 20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride) 2 mg	100%
Folic Acid 400 mcg	100%
Vitamin B-12 (as Cyanocobalamin) 6 mcg	100%
Biotin (as d-Biotin) 30 mcg	10%
Pantothenic Acid (as d-Calcium Pantothenate) 10 mg	100%
Calcium (as Dicalcium Phosphate and Calcium Carbonate) 200 mg	20%
Iron (as Ferrous Fumarate) 18 mg	100%
Phosphorus (as Dicalcium Phosphate) 20 mg	2%
Iodine (as Potassium Iodide) 150 mcg	100%
Magnesium (as Magnesium Oxide) 50 mg	13%
Zinc (as Zinc Oxide) 11 mg	73%
Selenium (as Sodium Selenate) 55 mcg	79%
Copper (as Cupric Oxide) 0.5 mg	25%
Manganese (as Manganese Sulfate) 2.3 mg	115%
Chromium (as Chromium Chloride) 35 mcg	29%
Molybdenum (as Sodium Molybdate) 45 mcg	60%
Chloride (as Potassium Chloride) 72 mg	2%
Potassium (as Potassium Chloride) 80 mg	2%
Boron (as Boric Acid) 75 mcg *	
Nickel (as Nickel Sulfate) 5 mcg	
Silicon (as Silicon Dioxide) 2 mg *	
Tin (as Stannous Chloride) 10 mcg *	
Vanadium (as Sodium Metavanadate) 10 mcg *	

\*Daily Value not established.

Directions: For adults, take one (1) caplet daily, preferably with a meal.

Other Ingredients: Vegetable Cellulose, Gelatin. Contains <2% of: Crospovidone, FD&C Yellow #6 Lake, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate.